

Wellness Notes

Tips on How Become More Active In 2006* (Part III)

19. Join a class - Select an exercise class appropriate for your health status and ability.

20. Wear the right shoes - Foot comfort and support is important for all impact physical activities. If you have arthritis, diabetes or orthopedic problems, you can remain physically active with the help of appropriate shoes.

21. Participate in events - Once you're more physically fit, set a goal to participate in a charity event. Prepare to walk, run or bike to raise money for a special cause. Ask a friend to be your exercise and event partner.

22. If it hurts, don't do it - Work around pain, not through it.

23. Focus on the major muscle groups in the legs, chest and back

24. Do balance exercises, as well as strength exercises

25. Keep a journal - Record activities that have become easier to do in your life, as well as those that may be more difficult.

26. Make your car work for you - Park at the outer edges of the grocery store parking lot, rather than looking for the space closest to the door. Walk up the first flight of stairs, rather than waiting for the elevator. Add another floor every week. When possible, walk to the grocery store and other places around town.

27. Reach up - Take items from the highest shelf you can reach in the kitchen and wash them. Do a different cupboard each week.

28. Follow a well-rounded program - Include all five components of a successful program: warm-up, flexibility, cardio, resistance and cool down.

29. Reward yourself - Once you've reached your goal, treat yourself to something that reminds you what a good job you've done. Make it something that feeds your spirit, but is not necessarily food or an expensive purchase.

30. Don't quit - Like brushing your teeth, make exercise part of your daily life.